



Join the Surfside Police Department and Parks and Recreation as we collaborate to host a Women's Self Defense Class. Training shows you how to resist and how to escape a sexual assault. The techniques are easy-to-learn and easy-to-use. The training will show you how to escape a standing assault and what to do if the attacker has you pinned on the ground. These techniques do not require strength, speed or coordination and are perfect for women of all ages and physical types.

**Thursday**

**January 8th**

**January 22nd**

**6:15- 8:15pm**

Classes held at the Surfside Community Center  
Gym attire and sneakers are required

**FREE**

Pre-registration is required per class. Class space is limited

Contact Dina Goldstein at (305) 861-4862 to register

For more information please call (305)866-3635

Website: [www.townofsurfsidefl.gov](http://www.townofsurfsidefl.gov)

